GUIDED FITNESS

Turn Your Fitness Amenity Into a Resident Engagement Engine



FLEXIBLE ON-SITE + VIRTUAL PROGRAMMING

Designed to increase participation, retention, and property value.

STARTER

Get started with programming

- 1 class per month
- On-site + virtual included

$200 /month

$200 per class

CORE

Build consistency every week

- 1 class per week (~4 per month)
- On-site + virtual included

$770 /month

$177 per class

★ MOST POPULAR

PLUS

High engagement. Maximum impact.

- 2 classes per week (~8 per month)
- On-site + virtual included

$1,265 /month

~$146 per class

ELITE

Multi-day programming for fully activated communities

- 3–6 classes per week (customizable)
- On-site + virtual included

STARTING AT

$1,815 /month

$139 per class (3x/week)

PREMIER (FULL ACTIVATION)

Daily programming for a luxury lifestyle community.

7+ classes per week

$120 /class

Flat rate per class

FLEX ACCESS – $25/MONTH

Unlimited virtual + on-demand classes.
Included with all on-site packages.

Anytime. Anywhere. Any device.

Perfect as a standalone or to enhance any package.

PROVEN RESULTS FOR COMMUNITIES

97%
of residents say Guided Fitness improved their experience at their community.

85%
of residents plan to renew their lease due to Guided Fitness services.

13.1x
ROI delivered for communities using the Plus package.

WHY PROPERTIES CHOOSE GUIDED FITNESS

Increase Resident Retention
Engaged residents are happier, stay longer, and renew more often.

Boost Amenity Utilization
Consistent programming drives participation and maximizes your investment.

Premium Experience Without the Hassle
We handle everything—so your team can focus on what matters most.

Let's build the right programming plan *for your community.*

Contact us
sales@guidedfitness.com

On-site in-person classes can start in 6–8 weeks after a signed agreement.